

# Recipe for a Healthy Lunch Club

Serves 4-10

1 chef per week  
1 person to maintain the cooking schedule  
1 convenient day per week  
1 location where food can be served  
1 shared folder to store guidelines, schedule and recipes (if desired)  
Sprinkle generously with a sense of adventure and willingness to try new things. Mix well.  
Enjoy!

## Healthy Lunch Club Guidelines

Members of the group share a commitment to trying healthy meals in accordance with the schedule they develop for themselves and with the following healthy guidelines:

Low sodium

Low or non-fat

At least one serving of fruits and vegetables

Whole grains are encouraged

The healthfulness of the meal is important. It is not important that it be or not be “gourmet”. If you forget to bring your meal, please make accommodations such as order cheese and veggie pizzas. If you cannot eat your meal, please invite a co-worker to have your meal that day. Or box it up for another day.

Cook for the day is responsible to:

- Bring lunch for your group on your assigned day (or make arrangements to switch days with someone if necessary).
- Have lunch available for self-serve in the lunch/break room from 11:30 –1:30.
- Create a sign-in sheet describing the lunch and the portions per person. This sheet will also have each member’s name, to check off when they take their meal. (See sample below.)
- Place the sign-in sheet by the meal.
- After lunch, clean the crock pot, serving trays, utensils and counters.

Club participants are responsible to:

- Provide and wash your own plate, bowl and flatware.
- Check off your name once you have served yourself.
- Provide your own beverage.
- Offer your lunch to a co-worker when you will not be available to eat it, so that what is brought is appreciated and not wasted. Or box it for another day.



## Sample Sign-in sheet

### Healthy Lunch Club

Yes, I have taken my share today:

- ☐ Name
- ☐ Name
- ☐ Name
- ☐ Name
- ☐ Name
- ☐ Name
- ☐ Name
- ☐ Name
- ☐ Name

**Menu and serving size:**